



Community Matters

CACD Helping People to Help Themselves

Issue 221

May 2024

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Community Matters –
If you wish have an item printed in the next edition, please email admin@cacd.org.uk by 25th May 2024

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<https://twitter.com/CoArmaghCommDev>

Printed copies of the News Sheet can be collected from the office

If you are in need of help or advice from our Development Workers please contact them via their mobile phones or the main office number 028 3755 2103

Website: www.cacd.org.uk

Facebook: County Armagh Community Development



Our office will be closing for the two Bank Holidays in May Mondays 6th and 27th

We were delighted to be invited to speak at County Tyrone Orange Order, Omagh District Orange Order events in Gillygooley and Castlecaulfield highlighting the work CACD carry out in the Armagh City, Banbridge and Craigavon Council area and part of Newry Mourne and Down Council. Both events had large numbers in attendance and David McMullen gave a presentation on the history and background of CACD.



IFI - 4 gardening workshops

The Connect 2Gether group in April took part in 4 Gardening workshops where they learnt how to look after apple trees, roses, plant their own garden and how to do gardening in small spaces. We would like to thank Armagh Cider Company, Mervyn Walker, Arthur Dixon of the Rose Society of NI and Val from Greenfingers Garden Centre for their interactive sessions. The participants had an excellent time and will be using the knowledge



gained in their gardens and to grow their own vegetables. Once again we are indebted to IFI for sponsorship of this programme.



INTERNATIONAL FUND FOR IRELAND

In April, our Development Officer, James Speers attended a funding fair at Cloughreagh Community Centre, Newry as part of a Newry, Mourne and Down District Council initiative. It was good to meet some familiar faces and to make some new contacts.

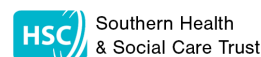


Information

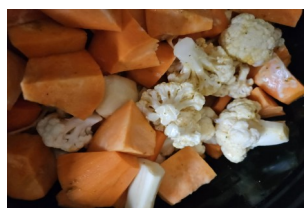


Our Small Projects under the **Community Food Initiatives** programme funded by **safe food** have started for 2024.

The Friends of the Folly have a group of parents currently working their way through our latest **"Making the Most of Your Slow Cooker"** Course. The first evening was held in the Grove Nursery School, Armagh when there was a detailed presentation on using Slow Cookers. The group received a lot of tips on how to get the best results from the Slow Cooker and how to adapt their own recipes. So far the group have made Irish Stew, Rice Pudding, Beef Chilli and a Vegetable Curry. We must thank **safe food** for funding this programme and to the **SHSCT** for providing the Slow Cookers.



The Vegetable Curry, as always had a divided reception with some loving it and others not so much. A few people added chicken to keep their families happy!!



Mental Health Awareness Week

CACD are hosting a breakfast at the [Courtrooms Restaurant Markethill](#) on 14th May with a short presentation from a mental health expert.

To book in for cooked breakfast
contact david@cacd.org.uk
or Tel 028 3755 2103



MENTAL HEALTH AWARENESS WEEK
13-19 MAY 2024

Mental Health Awareness Week 2024



Tuesday 14th May @ Courtrooms, Markethill

10am Starting time

with cooked breakfast

Short mental health talk
and health and information stands



CACD were pleased to accompany members of our 4 groups to the **Circle of Learning** project networking event in Dundalk. They were hosted by Dundalk Youth Centre who organised a full programme of talks and visits. The highlight was a walking tour of the town with a visit to the COI Cathedral.



This project is kindly sponsored by Co-operation Ireland.



A group of local people recently participated in an **"Introducing Ulster-Scots"** course in the "Museum of Orange Heritage" at Sloan's House, Loughgall. The 4-week course was facilitated by Deirdre Speer-Whyte and Charles Neville, Development Workers with the **Ulster-Scots Community Network**, and is available free of charge to community groups. Please contact 028 9043 6710 or email info@ulster-scots.com if interested in hosting a course in your area.



Whats On



KILLEEN ORANGE HALL

B.B.Q. & Dance



on



Friday 17th. May

£17-50 TICKETS £17-50

Dancing to

Robert Darragh

Do have a must enjoyable and happy summer break with good weather for your holidays, especially on the 12th. & 13th. July.

We thank you all for your loyalty & support at our dances and look forward to seeing you all again in September when the new season of dances kicks off again.

ONLINE LEVEL 1 COURSE

**INTRODUCTION TO
ULSTER-SCOTS**

TOPICS COVERED:

- Defining the Ulster-Scots Identity
- Overview of the Plantation of Ulster
- The Ulster-Scots Language
- Introduction to Ulster-Scots Family History

DATES:

7, 14, 21, & 28 MAY 2024

TIMES:

19.30 - 22.00 GMT

LOCATION:

ONLINE



DELIVERED BY THE ULSTER-SCOTS COMMUNITY NETWORK

ENDORSED BY THE OPEN COLLEGE NETWORK NI

For More Information Contact:



CHARLES.N@ULSTER-SCOTS.COM

DEIRDRE@ULSTER-SCOTS.COM

Finnis Rural
Development

DANCE

Finnis Orange Hall

Friday 31st May

MUSIC BY

SAMMY MISKELLY

8.00pm till 11.00pm

All Welcome

**THE FOUR ORANGE
THURSDAY CLUB**

2nd May 2024

Aughnagurgan Eric Clydesdale

~~~~~  
9th May 2024

Newtownhamilton BB Paul

~~~~~  
16th May 2024

Morning Trip to the Mourne

~~~~~  
23rd May 2024

Knockavannon Eric Clydesdale

~~~~~  
30th May 2024

Knockavannon TBC

~~~~~  
6th June 2024

Newtownhamilton Robert Brown

This is the final event this season

**Top BBQ food safety tips** - see <https://www.safefood.net/food-safety-events/bbqs>

As we hopefully get some warmer weather soon we wanted to remind everyone of some of the top tips for Barbequing.

- If this is your first time barbecuing this year, give your BBQ grill a good clean.
- Make sure frozen foods are fully thawed before you start cooking them.
- Light your barbecue well in advance.
- Wash your hands before and after handling food.
- Keep raw meat separate from cooked meat and ready-to-eat foods
- Turn the food regularly and move it around the grill to ensure it is cooked evenly on all sides
- **Always cook BBQ meat to 75° Celsius**





# Information



## Brighter communities is Power NI's community fund donating groups across Northern Ireland £1000

Our Brighter Communities programme energises innovative and emerging community groups, teams and projects with £1000 of funding awarded each month. Since 2018 we have contributed over £85,000 to our communities and we're still going!

[Brighter Communities terms & conditions](#) [Apply for funding](#)

## Women's Health Community Fund

Working in partnership with Holland & Barrett, the charity Wellbeing of Women is offering grants of up to £5,000 to small, grassroots organisations and community groups to deliver health information and support to women, girls and people from underrepresented groups in the UK.

The funding is for projects that address the following key points:

Projects that aim to improve information, education and support for menstrual health, related gynaecological conditions e.g. PCOS, endometriosis, adenomyosis, fibroids, PMDD, and menopause.

Grants of up to £5,000 are available to spend across 12 months. Funds will be distributed in two tranches, 50% at the beginning of the project and 50% upon receipt of a six month report. **The deadline for applications is 19 May 2024.**

For more information, please visit [Women's Health Community Fund - Wellbeing of Women](#)

Holland & Barrett



WELLBEING  
OF WOMEN

Women's health community fund

## Fibrus Community Fund

The Fibrus Community Fund is awarding grants of a maximum of £2,000 to assist local groups and organisations in certain areas to **improve digital access** for the most marginalised members of the community, with a particular focus on older people, people on low income and people with disabilities.

Applications will be accepted from community groups, voluntary organisations and other local, grassroots or community-led organisations with an annual income below £50,000. A detailed list of eligible postcodes can be found on the Community Foundation Northern Ireland website.

**The deadline for applications is 17 May 2024 (1pm).**

For more information, please visit [The Fibrus Community Fund - Community Foundation Northern Ireland \(communityfoundationni.org\)](#)



## National Lottery Awards for All Northern Ireland

**£300 to £20,000**

**We can consider a wide range of projects to support, develop and strengthen communities through this programme.**

**We can also consider projects that are**

- supporting communities to cope during the cost-of-living crisis.
- Project ideas should come from the community and must meet the programme criteria.
- No deadline, so groups can apply any time.
- Applying is quick and simple.
- Applications welcome from constituted voluntary or community organisations, schools, and statutory bodies.
- This funding is for projects that will run for 2 years or less.

<https://www.tnlcommunityfund.org.uk/funding/programmes/awards-for-all-northern-ireland>



Principal  
funders:



INTERNATIONAL FUND FOR IRELAND